



Dr. Christopher Hajnik

Post-Operative Instructions: Knee Arthroscopy

- 1. Note:** If you have any further questions, please feel free to call Dr. Hajnik's office at any time. If there is an emergency, please go to the nearest emergency room and call Dr. Hajnik's office so he can make sure you receive the appropriate care.
- 2. Follow - up:** Please call the office to schedule a follow-up appointment. The appointment should be about 2 weeks after the surgery.
- 3. Incision Care:** Please remove your dressing 48 hours after surgery. Occasionally, there may be some clear or blood-tinged drainage. If this happens, please re-apply a dressing. The drainage should stop in the next day or two. If the drainage persists for more than 1 - 2 days, you should call the office. If the wound is dry, you do not need to apply a new dressing. Finally, despite great care, any incision may become infected. If the operative site becomes markedly red, swollen, shows pus, or feels very hot, call Dr. Hajnik's office.
- 4. Ice and Elevation:** Please keep the extremity elevated. Elevation is especially important for the first 2 – 3 days. In addition, you should ice in 20 minute intervals (20 minutes on and 20 minutes off). Place a wash cloth between the ice and your skin. Finally, please remember to ice and elevate after physical therapy sessions and exercise.
- 5. Pain Medication:** You will be provided with a prescription for pain medication when you leave the hospital. Please take as directed. As your pain subsides, please transition to Tylenol instead of your prescribed pain reliever. Do not take Tylenol in addition to your prescribed pain reliever.
- 6. Diet:** You may eat whatever you would like.
- 7. Physical Therapy and CPM:** You will be provided with a Physical Therapy referral when you leave the hospital. Please make an appointment with a therapist within 48 hours of your arrival at home. You will also be provided with Dr. Hajnik's preferred protocol for rehabilitation after surgery. The therapist should follow this protocol. If you need help finding a therapist, please call the office for a list of therapists near your home or work.
- 8. Special Equipment:**

9. Other concerns:

a. *Fever*: A temperature of up to 101.5 degrees Fahrenheit is expected for the first 2 - 3 days following surgery. Continue taking your prescribed pain reliever as directed and this should relieve your fever. Please call the office for any fevers in excess of 102 or that do not respond to your prescribed pain medicine.

b. *Swelling / Bruising*: It is normal for the knee to become mildly swollen after surgery. You may also notice some bruising. The swelling and bruising from the knee may also migrate down to the calf and ankle (gravity).

c. *Showering*:

Arthroscopic Surgery: You may shower after your dressing is removed and the incision is dry. If the incision gets wet, make sure to pat it dry. DO NOT take a bath.

Open Surgery: You may shower 1 week following surgery. Do not soak wound in a bath or pool.

Physician Name: Christopher Hajnik, MD Signature _____

I hereby acknowledge receipt of the instruction indicted above. I understand that I must make arrangements for my post-operative follow-up care with Dr. Hajnik as instructed by him.

Patient Signature _____

Witness _____

Relationship: _____